

Hey EES Family,

How is everybody holding up? I hope you are all finding ways to stay active through this challenging time. Maybe you 5th graders are teaching your family what you have learned so far in ballroom dancing? Video submissions are appreciated! Have you tried any of the activities I sent last week? I would love to know what is working well for you. This week we are focusing a little more on nutrition. I have attached some information on the Food Guide Pyramid as well as a coloring page featuring some healthy fruits and vegetables. I know we all have been watching a little more TV and movies recently, so I thought maybe we could make some of the foods we are seeing in our favorite media. I know that the Elves and Hobbits eat lembas bread in Lord of the Rings, so I have attached a recipe. Maybe you want to make something from your favorite Harry Potter book. You might want to make spaghetti and meatballs inspired by "Lady and the Tramp" or ratatouille... you know from "Ratatouille". I think the important thing is to have everyone involved and to discuss where the foods fall on the Food Guide Pyramid. You may want to discuss if this is a healthy meal, or if this is a treat to have once in a while. I have attached a few new Ideas for games you can set up in the yard to get out and stay active. I have finally resent the activity prediction page from last week in case you didn't have a chance to try it out. Please let me know if you are looking for any additional resources or ideas. I am checking my email constantly. I would love to know what you are doing to stay busy!

Be Well,

-Mr. Marche

Marcheg@mersd.org

Additional Links:

www.nfl.com/play60

<https://kidactivities.net/games-for-small-groups-of-kids/>

Ideas for prediction worksheet:

Total #

- push up
- sit ups
- burpees
- squats
- jumping jacks
- frog jumps
- lunges

Timed

- Superman (on belly hands and feet lift off the ground)
- wall sit
- high plank
- low plank

Lawn Tennis

Tennis is an easy game to set up in your backyard, and can be played as "singles," or "doubles".

A makeshift court can be laid out on grass using tape, or drawn out with chalk on a hard surface. You will need a net between the players - a long piece of string tied to trees or fence posts works well.

In playing one of the players 'serves' the ball so that it will go over the net and into a specified space on the opposite side. His opponent then attempts to return the serve by hitting the ball (either on the fly or the first bounce) and knocking it back over the net somewhere within the playing space as determined by the lines. In this way the ball is played back and forth until one of the players fails either to return it over the net or into the required space. If this happens his opponents score a point. Four points wins a game except where both sides have got three points, in which case one side must secure two points in succession to win.

The score is not counted as 1, 2, 3, and 4, but 15, 30, 40, game. When both sides are at 40 it is called "deuce."

At this point a lead of two is necessary to win. The side winning one of the two points at this stage is said to have the "advantage".

A 'set' of tennis consists of enough games to permit one side to win six, or if both are at five games won, to win two games over their opponents.

Don't have any tennis racquets? Don't worry - just play hand tennis!

Golf-Croquet

This game may be played either by two or four persons. Wickets are placed at irregular distances, and the object of the game is to drive a small ball (a tennis ball works fine) through these wickets.

We set up each wicket by using two tin cans, set about 4" apart (or wider for younger players).

It may be played either as "all strokes," in which the total number of strokes to get through all the wickets is the final score, or as in golf, "all wickets," in which the score for each wicket is taken separately, as each hole in golf is played. Whoever wins the most holes, wins the game.

Use a hockey stick, golf club, croquet mallet or plain old stick to hit the ball around the course. A piece of ground 200 yards long will make a good six-wicket course.





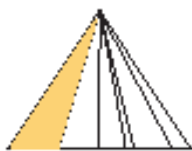
Healthy Eating: Food Pyramid Match-Up

Eating healthy foods gives you more energy to play and can even help you do better in school!
Below are pictures of food pyramids: diagrams that tell us the foods that are healthy to eat.

MATCH each food to its **CORRECT** place in the food pyramid.



GRAINS



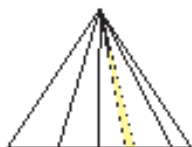
VEGETABLES



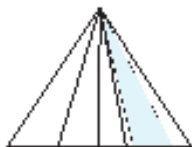
FRUITS



OILS



DAIRY



**MEAT & BEANS
(eggs included)**



Lembas Bread

Ingredients

- 2 1/2 cups of flour
- 1 tablespoon of baking powder
- 1/4 teaspoon of salt
- 8 tablespoons of cold butter (1 stick)
- 1/3 cup of brown sugar
- 1 teaspoon of cinnamon
- 1/2 teaspoon maple syrup/honey
- 2/3 cup of milk/heavy cream (or more, if necessary)
- 1/2 teaspoon of vanilla



Nutrition Info

Calories: 234.3

Fat: 9.8g

Carbohydrates: 35.3g

Protein: 4.0g

Directions

- 1) Preheat oven to 220 degrees Celcius (425 degrees Fahrenheit).
- 2) Mix the flour, baking powder and salt into a large bowl.
- 3) Add the butter and mix with a fork or a pastry cutter until the mixture resembles fine granules.
- 4) Add the sugar and cinnamon, and mix them thoroughly into the mixture.
- 5) Add the milk/cream and vanilla and stir them in with a fork until a nice, thick dough forms.
- 6) Roll the dough out about 1/2 in thickness.
- 7) Cut out 3-inch squares and transfer the dough to a cookie sheet.
- 8) Criss-cross (DO NOT cut all the way) each square from corner-to-corner with a knife.
- 9) Bake for about 12 minutes or more (depending on the thickness of the bread) until it is set and lightly golden.

(the recipe makes about 10-12 pieces of lembas)

nutrition information is using honey, milk, and 10 pieces of lembas

Name _____



Explore Activity

Why is exercise important?

Write the names of exercises you can do.

Predict how many times you can do each exercise in one minute.

Record your results.

Exercise	Prediction	Results



Notes for Home Your child learned about the importance of daily exercise.

Home Activity: Participate in a family activity such as riding bikes or taking a walk together.